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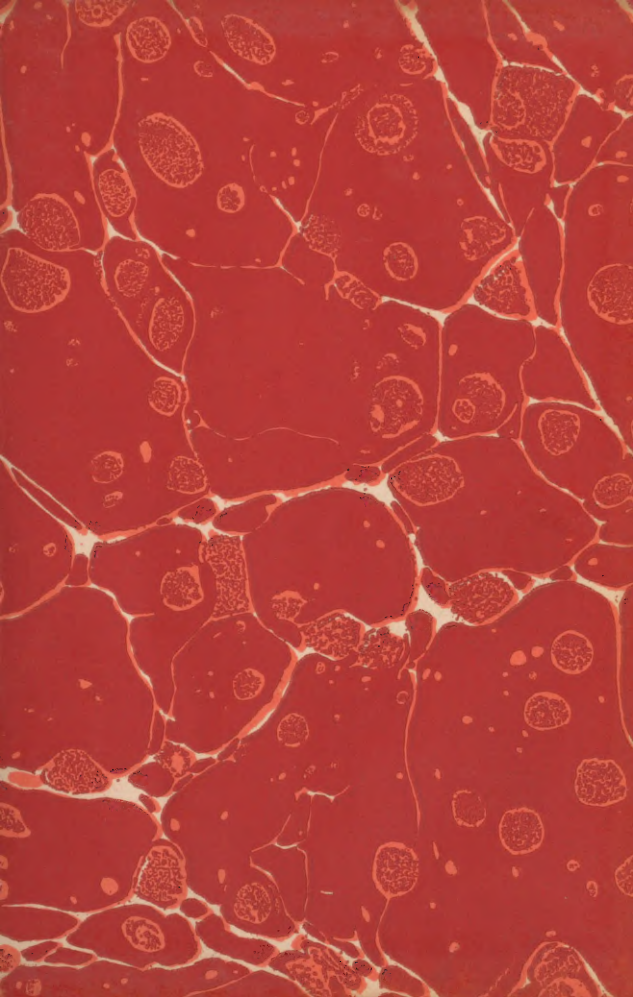
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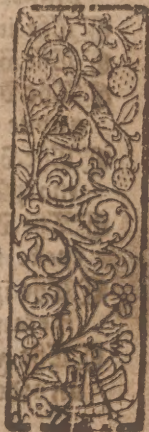
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**A Compendy-
ous Regyment or Dyato-
rye of Healthe. Used at
Mowntpylour, Com-
pyled by Doctour
Lynacre, and
other Doctours in
Physycke.**



The table of this Booke.

The fyrste Chapter
treateth of Rooste meate, of
Fryed meate, of Sodden,
or Boyled meate, of Byled
meate, and of baken meate.

The seconde chapter treteth of Rootes.

The thyrde chapter treateth of certayne
vsuall Herbes.

The.iiii. chapter treteth of fruytes.

The.v. chapter treteth of spyes.

The.vi. chapter sheweth a dyet for Sani
guyne men.

The.vii. chapter sheweth a dyete for fleu
matyke men.

The.viii. chapter sheweth a dyet for colo
rycke men.

The.ix. chapter dothe shewe a dyete for
melancoly men.

The.x. chapter treteth of a dyete and of
an order to be vsed in the pestiferous tyme
of

The Table

of the pestilence & the sweettynge syckenes.

The. xi. chapter treteth of a diet for them
the which be in an agew or a feuer.

The. xii. chapter treteth of a dyete for the
the which haue the Illack or the colycke
and the stone.

The. xiii. chapter treteth of a dyete for
them the whiche haue any of the kyndes
of the gowtes.

The. xiiii. chapter treteth of a dyete for
them the which haue any of the kyndes of
the leprodes.

The. xv. chapter treteth of a diete for the
the which haue any of the kyndes of the
fallynge sycknes.

The. xvi. chapter treteth of a diete for the
the which haue any payne in theyr hede

The. xvii. chapter treteth of a dyete, for
them the which be in a consumpcyon.

The. xviii. chapter treteth of a dyete, for
them the whiche be asmaticke men beyng
shortwyndyd or lackynge breth.

The. xix. chapter doth shew a dyete, for
them the which haue the palsy.

A. ii.

The.

of this Booke.

The. pp. chapter doth shew an order and
a dyete for them the whiche be mad and
out of theyr wyf.

The. pp. i. chapter treateth of a dyete for
thē the whiche haue any of the kynde of
the dropsy.

The. pp. ii. chapter treateth of general dyete
for all maner of men and women beyng
sycke or whoole.

The. pp. viii. chapter doth shew an order or
a fashyon howe a sycke man shuld be or-
deryd in his sycknesse. And howe a sycke
man shulde be vsed, that is lykelyed for
to dye.

Thus endeth the
Table of this
Booke.

*



The Dyatorye

or the Regymente of
Healthe.



Yth vs at mount
pyler and other bniuer
sytes is vled boyled
meate at dyner, and
roste meate to supper,

wher they shulde doo so, I can not
tell onlesse it be for a consuerude. For
boyled meate is lyghter of dygesty-
on than rosted meate is, bzulyd meate
is harde of dygestyon. and euyl for
the stone. fryed meate is harder of dy
gestyon than bzulyd meate is, and it
dothe ingender color and melancoly,
bake meate whiche is called fleshe &
is berpd. for it is buried in paste, is
not prarsed in physicke, all maner of
fleshe the which is inclined to humv-

A.iii.

Dyte

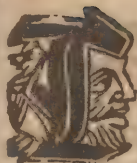
The Dyatorye

dyte should be rostyd, and all fleshe
the whiche is inclyned to drynes should
be sod or boyled, fylle maye be sod
rostyd, bzylid and bakcn, every one
after theyr kynde and vse, and fashyō
of the countre, as the cooke and the
physicion wyll agre and deuyse, for a
good cooke is halfe a physicion, for
the cheyfe physycke, the counsell of a
physicion excepte) doeth come from
the kyrchyne wherfore the physicion
and the cooke for sicke men muste con
sulte togyder, for the preparacyon of
meates for sycke men. for yf the phy
sicion without the cooke proper any
meate excepte he be very experte, he
wyll make a werythe dyshe of meate
the whiche the sycke can not take.

The seconde chapter treateth of
rootes, and fyrst of the rootes
of Bozage and Buglose.

The

of Health.



Dhe rootes of Borage and Buglose, sodden tender and made in a succade doth ingender good blode and doth set a man in a temporaunce.

¶ The rootes of Alysaunder and Enulacampane.

¶ The rootes of Alysaunder sodden tender and made in succade, is good for to destroy the stone in the raynes of the backe and blader. The rootes of Enulacampane, sodden tender, & made in succade, is good for the brest and for the lungen, and for all the interpell mem'bers of man.

¶ The rootes of Percelly and of Fenell.

¶ The rootes of percelly sodden tender and made i a succade, is good for the stone, and doeth make a man to pyss. The rootes of fenell sodden tender and made in a succade, is good
for

The Dyatorye
for the lunges, and for the syghe.

The rootes of Turnopes
and Persnepes.

Turnopes boyied and eaten, with
fleshe, augmenteth the side of man,
yf they be eaten rawe moderatlye, it
doth prouoke a good apetyte. Pers-
nepes sodden and eaten doth increase
nature, they be nutryptue, and doth
expell Urine.

Radylthe rootes and
Carettes.

Radylthe Rotes breketh wynde,
and doth prouoke a man to make wa-
ter, but they be not good for them the
whiche hathe the Gowte. Carettes
sodden and eaten do auge and incre-
se nature, and doeth cause a man to
make water.

The rootes of Rapes.

Rape rootes yf they be well boyled
they do nozyshe yf they be moderate
lye

of Helthe.

eaten, immediatly eaten, they dothe
ingender bentosyte, and doth annoy
the stomacke.

Conyong.

Conyong dothe prouoke a man to
beneryous actes, and compudence, &
yf a man dzyrke souldy dzyrkes it
doth rectify and refoyme the nature
of the operaciō of them: they maketh
a mans apetyde good, and putteth
away fastydousnes.

Cleekes.

Cleekes dothe open the breste, and
doth prouoke a man to make water,
but they dothe make and increase
euyl blode.

Carlyke.

Carlyke of all rootes is bled and
moste prayled in Lombardy, and o-
ther cōutres annexed to it, for it doth
open the breste, and it dothe kyll all
maner of wormes in a mānes bely,

B.i. which

The Dyetoꝛye.

whiche be to saye, Lymbrici, Ascari-
des, & Cucurbitini, whiche is to say
lōge woꝛmes, smal lytell longe woꝛ-
mes, whiche wyll tyckle in the foun-
dement, and square woꝛmes, also it
heleth the baby and desoluyth grose
wyndes.

The thyrde chapter treateth
of certayne vsuall herbes.

And fynde of Bozage
and Buglosse.



Bozage dothe comforte
the herte, and doth in-
gender good blode, and
causeth a mā to be me-
ry, and doth sette a man in a tempe-
raunce. And so doth Buglosse, for he
is taken of more bygoꝛ and strenght
and effycacye.

Of Artochockes, and Bokar.

There is nothyng bled to be eten
of

of Helthe.

of Artchookes, but the heed of them
whan they be almost ripe they must
be soden tender in the broth of beefe,
or with beefe & after eate them at dy-
ner they doth increase nature & doth
prouoke a man to vererious actes,
Bokat doth increase the sede of man
& doth stimulat the fleshe, & dothe
moche helpe to digestyon.

¶ Of Cycozy and Endyue.

¶ Cycozy dothe kepe the stomacke &
the heed intemperaunce, and dothe
qualyfy color, Endyue is good for
them the whiche haue hote stomac-
kes and drye.

¶ Of whyte Beetes and Purslayne.

¶ Whyte Beetes be good for the ly-
uer, and for the splene, and be abster-
syne. Purslayne doth extyncte the ar-
dor of lassyuyousnes. And doth myty-
gate great heate in all the inwarpe
partes of man.

The Dyetoire

¶ Of tyme and parselley.

¶ Tyme breketh the stone, it doth be-
selueth wyndes. And causeth a man
to make water. Parsley is good to
breake the stone, & causeth a man to
pyss, it is good for the stomacke, and
doth cause a mā to haue a sore bzeith

¶ Of Lettuse and Sozell.

¶ Lettuse doth extyncte beneryous
actes, yet it doth increase mylke i wo-
men brestes, it is good for a hote sto-
macke, and doth puke slepe, & doth
increase blode, and doth set the blode
in a temperaūce. Sozell is good for
a hote lyuer, & good for the stomacke.

¶ Of Penryall, and Ilop.

¶ Penryall doth purge melancoly,
and doth comforte the stomacke and
the spirites of man. Ilop clenseth
viscus flume, and is good for the bze-
ith and for the lungas.

¶ Of Rosemary, and Roses.

Roses

of Helthe.

Clemary is good for the Palles,
and for the fallynge syckenes, & for
the coughe, and good agaynst colde.
Roses be a cordyall, and doth com-
forte the herte and the brayne.

Of Fenell and Annys.

These herbes be seldome bled but
theyr seedes be greatly occupied, Fe-
nellseede is bled to breke wynde, and
good agaynst poyson. Annys seede is
good to clense the blader and the ray-
nes of the backe, and dothe prouoke
bryne. and maketh one to haue a coo-
te or a swete bryeth.

Of Sauge, and Mandragor.

Sauge is good to helpe a woman
to conceyue, and doth prouoke bryne.
Mandragor doth helpe a woman to
conceyue, and dothe prouoke a man
to slepe well.

Of all herbes in generall.

There is no Herbe, nor worde, but

B.iii.

God

stele not this Booke for fear of Pest

The Dyatorye

God haue gyuen vertue to them, to helpe man. But for almoche, as Pliny, Macer, and Dioscorides with many other olde auncyent & approbat Doctors hath wytten and pertraced of theyr vertues, I therfore nowe wyll wyte noo further of herbe, but wyll speke of other matters, that shall be more necessary.

The fourth chapter treateth of fruytes. And tytle of Fygges.



Wicen sayth that Fygges doth noyſſe more than any other fruyte. They doth now the meruaylous in when they be eaten with blanchéd Almons. They be also good rolled, & stued. They do cleanse the brest & the lunges. And they do open the oppla- cyons of the lyuer & the splene. They doth

of Helthe.

Doth stee a man to beueryous attes
for they dothe auge and increase the
seede of generaciō. And also they doth
prouoke a man to sweate, wherfoze
they doth ingender lyce.

¶ Of great Raylyns.

¶ Great Raylyns be nutryptye spe-
cially yf the stones be pullyd out, and
they doth make the stowacke fyne,
and stable, and they dothe prouoke a
man to haue a good appetyde, yf a
fewe of them be eaten before meate.

¶ Of small Raylyns of corans.

¶ Small Raylynes of corans, be
good for the raines of the backe, and
they doth prouoke vyne, howe be it
they be not all the beste for the spleene
for they maketh opylacion.

¶ Of Grapes.

¶ Grapes swete and newe, be nutry-
tyue, and doth stimulat the fleshe, &
they doth comfozte the stomacke and
the

The Dyatorye

the lyuer, and dothe auoyde oppyl-
ons, how be it, it doth replete the no-
marke with ventosyte.

**¶ Of Peches, of medlers,
and Ceruyces.**

¶ Peches doth molyfy the bely, and
be colde. Medlers taken superfluous
doth ingender melancoly. And Ceruy-
ces be in maner of lyke operation.

**¶ Of strawberyes, Cherys,
and Hurtes.**

¶ Strawberyes be praysed aboue all
beryes, for they do qualify the heete
of the lyuer, and doth ingender good
blode eaten with sugre. Cherys doth
molyfy the bely and be colde. Hurtes
be of a groser substance, wherfore
they be not for them, the whiche be
of a clene dyate.

¶ Of Nuttes great & small.

¶ The Walnut and the Banocke be
of one operation. They be tarde and

stobbe

Howe of dygestyon, yet they dothe co-
 forte the brayne, yf the pythe and the
 skyn be pulled of, and than they be nu-
 trityue. Sylberdes be better than ha-
 sell nuttes, yf they be newe and taken
 from the tre, & the skyn or the pythe
 pullyd of: they be nutritiue and doth
 increase fatnes, yf they be olde they
 shulde be eaten with great myleris.
 But newe nuttes be ferre better than
 olde nuttes: for olde nuttes be colory-
 ke: and they be euill for the heed and
 euill for olde men. For & they doth in-
 gender the Balley to the tonge. Yet
 they be good agaynst venom. And im-
 moderatly taken or eaten doth in-
 gender corrupcion, as byles blaynes and
 suche putrefaction.

Of Peason and Beanes.

Peason the whiche be yonge be nu-
 trityue: howbeit they doth replete a
 man with ventosityte. Beanes be not

The Dyetoie.

Someche to be praysed as Pearles,
for they be full of ventosite although
the skynnes or huskes be ablatyd or
cast away, yet they be a stronge mea-
te & doth prouoke beneryous actes.

Of Peares and Appulles.

Peares the whiche be melowe and
doulce, and not stonye dothe increase
fatnes ingendrynge waterythe blo-
de. And they be full of ventosyte. But
wardens rostyd, stued or baken be nu-
trytyue, and dothe comforte the sto-
macke specially yf they be eatē with
comfytes. Appulles be good after a
froste haue take them, or whan they
be olde specially red appulles, & they
the whiche be of good odor and me-
lowe, they shulde be eaten with suger
or comfites, or with fenell seede or an-
nys seede bycause of theyr ventosyte,
they doth cōforte than the stomacke
and doth make good dysgestyon, spe-
cially

of Helthe.

eyally yf they be roasted oz baken.

COf Pomegarnates & quynces.

Pomegarnates be nutryptue, & good for y^e stomacke Quynces baken the coze pullyd out doth mollyfy the bely and doth helpe digestion, & doth p^reserue a man from drunkenchyp.

COf Dates and Mylons.

Dates moderately eaten be nutryptue, but they doth cause opylacions of the lyue r^e of the splene. Mylons doth ingender euyl humours.

COf Gourdes of Cucūbers and Depones.

Gourdes be euyl of noysshment. Cucūbers restrayneth beneryousnes oz lassiousnes, oz luxuriousnes. Depones be in maner of lyke operacion But y^e Depones ingenderynge euyl humours.

COf Almondes and Chesteynes.

Almondes causeth a man to pylse

C.ii.

they

The Dytourye

they doth mollify the hely, and doth
purge the lunges. And. vi. oz. vii. eatē
before meate preserveth a mā from
broken shyp. Chesteynes do hery the
body strongly, and doth make a man
fat, yf they be thorowly redyd and
huskes ablatyd. Yet they doth reple-
te a man with ventosyte or haynde.

Of Pyunes and Dampens.

Pyunes be not greatly praised but
in the waye of medycyne, for they be
colde and moyste. And Dampens be
of the fayed nature, for the one is olde
and dryed, and the other be taken fro
the tre. vi. oz. vii. Dampens eaten be-
fore dyner be good to prouoke a mā's
apetite, they doth mollify the hely &
be absterfide, the skyn and the stoness
shall be ablatyd and cast awaye and
not bled.

Of Olyves and Capers.

Olyves redyred, and eten at the
begyn

of Helthe.

begynnyng of a refecti on doth coꝛo
borat the stomacke; and prouokyth
appetyte. Capers doth purge flume
and dothe make a man to haue an
appetyte.

¶ Of Oynges.

¶ Oynges doth make a man to ha
ue a good apetyte & so doth the ryz
des, yf they bein succade. And they
doth cōfozte the stomacke: the iuce is
a good cause to prouoke an apetyte.

¶ The fyfth chapter treateth
of spytes. And fyfte of
Gynger.



Gynger dothe heate the
stomacke and helpeth dy
gestyon, grene gynger ca
ten in the mozenynge fa
stynge dothe acuate and quycken the
remembzaunce.

¶ Of Peper.

¶ There be thre sondyr kyndes of pe

C. iij.

per

The Dyatorpe

per, whiche be to save whyte peper, blacke peper, and longe peper. All kyn-
des of pepers to heate the body, and
doth desolve fleume and wynde, and
doth helpe dyggestion and maketh a
mā to make water: blacke peper doth
make a man leane.

¶ Of Cloues and Maces.

¶ Cloues doth comfort the senewes
and doth dysolve and dothe consume
superfluous humours and restorith
nature. Maces is a cordyall & dothe
helpe the colyke and is good agaynst
the bloody flyre and laxes.

¶ Of Graynes and Saffron.

¶ Graynes be good for the stomac-
ke and the heed: and be good for wo-
men to drinke. Saffron doth comfort
te the herte and the stomacke, but he
is to hote for the lyuer.

¶ Of Nutmeges and Cynamome.

Nut-

of Helthe.

Cutmeges be good for them the
whiche haue colde in theyr heed: and
doth comforte the sight & the bryayne
and the mouth of the stomacke. And
is good for the splene. Cynamome is
a cordyall. Wherefore the Hebrycyon
doth say, why doth a man dye & can
get Cynamome to eat: yet it dothe
stop and is good to restrayne fluxes
or laxes.

Of Lyquorice.

Lyquorice is good to close and to
open the lunges and the brest & doth
loose fleume.

The fyrth chapter sheweth a
dyete for Sanguyne men.

Sanguyne men be hote and moy-
ste of complexion: wherefore they
muste be circumspecte in eatynge of
theyr meate, consyderynge that the
purer

The Dyatorye .

purer the complexion is, the sooner it may be corrupted, and the blode may be the sooner infected, wherfore they muste abstayne to eat inordynatly fruytes & herbes, and rootes, as garlyke, onyons, and leekes, they muste refrayne from eatynge of olde fleshe, and excheue the blage of eatynge of Braynes of beestes, and from eatynge the bidders of keyn . They muste vse moderatly slepe, and moderat dyete, or els they wyll be to fat and grose, If the of muddy waters be not good for them. And yf blode do habounde cleanse it with stules or flebotomye.

¶ The. lii. chapter sheweth a
dyete for fleumatyke men.

If fleumatyke men be colde and moyste: wherfore they must abstayne from meates the which is colde
de

of Helthe.

de. And also they must refrayne from
eatynge of viscus meate, & specially
from all meates, the whiche doth in-
gender fleumatike humours, as fysh
fruyte, and whyte meate. Also to ex-
cheue the vllage of eatynge of crude
herbes speciall to refrayne from me-
ate the whiche is harde and slowe of
dygestyon, as it appereth in the pro-
pertes of meates afore reherlid. And
to beware not to dwell nygh to wa-
teryshe and moyseshe grounde. This
thynges be good for fleumatyke per-
sons moderatly taken, onyons, gar-
lyke peper gynger, and al meates the
whiche be hote and drye. And causes
the whiche be slowe. Thei ethynges
folowynge doth purge fleume Polyp-
pody netyll elder agaricke yreos may-
den heare and stryados.

¶ The. viii. chapter sheweth a
dyete for Cololyke men.

D. i.

Colo

9/1000

The Dyetarye.

Color is hote and drye, wherfo-
re coloryke men muste abstayne
from eatynge hote sprys. And to re-
frayne from drynkyng of wyne and
eatynge of coloryke meate, howbeit
coloryke men may eate groser meate
than any other of the complexions,
excepte theyr educacion haue ben to
the cōtrary, Coloryke men shuld not
be longe fastynge. These thyngs fo-
lowynge doth purge color: fumptor-
ry, Centory wormewode wyldc hop-
pes byoletes mercury manna rubar-
be eupatorye tamarindes, and the
whay of butter.

The .ix. chapter treateth of a
Dyetary for Melancoly men.

Melancoly is colde & drye, wher-
fore Melancoly men muste re-
frayne from fryed meate, and meate
the

of Helthe.

the whiche is ouer salte. And from
meate that is sowre and harde of di-
gestyon, and from all meate the whi-
che is burned and drye. They muste
abstayne from immoderat thurte, &
from drynkyng of hote wyne, & gro-
se wyne, as red wyne, & vse these thyn-
ges cow mylke, almon mylke yolkes
of rene egges, boyled meate is better
for melancoly men than rostyd mea-
te. All meate the whiche wyl be soone
digestyd. And all meate the whiche
doth ingender good blode, and mea-
tes the whiche be temporarly hote be
good for melancoly men, and so be all
herbes the whiche be hote and moyst
These thynge folowynge doth pur-
ge melancoly quickebeine seene styca-
dos hartystonge maydenheare priy-
al mountane bozage organū sugar
and whyte wyne.

D.ij.

The

The Dyetoire

The .x. chapter treateth of a
dyete, And of an order to be
vsed in the pestiferous tyme
of the pestilence, and swe-
tyng syckenes.



Whan the Plagues of
the Pestilence, or swe-
tyng syckenes is in a
towne, or countree at
Mowntpylour, and at
other hygh regions & countrees that
I haue dwelte in, the people doth fle
from the contagious and infectious
ayer, preseruatyue wih bothe cōsyle
of phisike, notwithstanding. In low-
er and other base countrees, howses
the whiche be infectyd in townes or cy-
tie, be closed by both doores and wynd-
owes, and the inhabytours shall
not come abroad, nother to churche,
noy to market, noy to any howse or
compa-

of Helthe.

companye, for infectyng other the
whiche be cleane without infection. A
man can not be to ware, nor can not
kepe hym selfe to well from this scy-
kenes, for it is so behement and so
peryllous that the sykenes is taken
with the sauour of a mans clothes:
the whiche hath byscyed the infecti-
ous howse, for the infection wyll lye
and hange longe in clothes. And I
haue knowen that whan the strawe
and rysshes hath ben caste out of a
howse infectyd, the hogges the whi-
che dyd lye in it, dyed of the pestilen-
ce: wherfore in suche infectious tyme
it is good for euery man that wyll
not fle from the contagious ayre to
bse dayly specially in the mornynge
and euenynge to burne Jeneper, or ro-
semary or rysshes or bay leuyx or ma-
gerome or frankence or bengayn.
Or els make this powder. Take of

D.iii. Itorax

The Dyatorpe

florax calamyte half an vnce of frāk
ensence an vnce of y woode of Aloes
the weyght of. vi. d. mert all these to
gyther. ¶ Then caste halfe a sponesfull
of this in a chafynge dysche of coles.
And let it to fume abrode i the cham
bers and the hall and other howses
And you wyl put to this powder a ly
tell lapdanum it is so moche the bet
ter. ¶ Or els make a pomamber after
this maner. Take of lapdanum. iij.
drames of the woode of Aloes one
drame of ambze of grece. ij. drames
and a halfe, of nutmegges of florax
calamyte of each a drame and a halfe
confecte all this togyther with rose
water and make a ball. And this afo
resayd pomeambze doth not onely ex
pell contagious ayers, but also it
doth cōfotte the brayne, as Barthel
meu of Montagnane sayth, & other
modernall doctozs doth asserme the
same

Came. Who foruer is infected with þ
pestylence, let hym loke in this boke of
dyetory of helth for a reinedye. But
let hym vse this dyete, let the cham-
ber be kept close, and kepe a contynal
fyre in the chamber of clere burnyng
all the wode oz cole without smoke be
ware of takynge any colde vse tem-
perat meates and drynke, and be wa-
re of wyne beere and cyder, vse to eate
stewed oz baken peers with comfites
vse no grose meatts, but those þ whi-
che be lyght of dygestyon.

The. xi. chapter sheweth of a
dyete the whiche be in any
feuer oz agewe.

Do aduertysse euery man þ hath
a feuer oz an agewe not to eate
no meate. vi. houres before his cour-
se doth take hym. And in no wyse as
longe

De Dyato 12 The Dyato 12

longe as the agewe dothe indure to
put of the Sherte noꝝ Dowblet, noꝝ to
ryle out of the bedde, but whan neede
Shall requyre and in any wyse not to
hop noꝝ to take the open ayer. For su
che prouysyon may be had that at vt
termost at the thyrde course he shall
be delyueryd of the feuer by synge the
medysynes the which be in this dyeto
ry of helth. And let euery man bewa
re of castynge theyꝝ handes and ar
mes at any tyme out of the bed in oꝝ
out of theyꝝ agony oꝝ to spurne with
the legges out of the bed, and good it
is for the space of thre courses to we
re contynually gloues, & not to wash
the handes. And to vse suche a dyete
in meate and drynke as is rehercyd
in the pestilence.

¶ The. xii. chapte treateth of a diete
for them þ which haue þ Flyake
oꝝ the colyke and the stone.

The

of Helthe.



The Flyacke and the Col-
lycke be ingenderyd of be-
to lyte, the which is in-
trusyde or inclosed in two
guttis, the one is called
Mia: and the other is called colon.
For the two infyrmytes a man must
beware of colde. And good it is not
to be longe fastyng. And necessarye
it is to be laxatyue, & not in no wyse
to be constipat. And these thynges
solowynge be not good for them, the
which haue these aforesayd infyrmy-
tes stale breede new ale. They muste
abstayne also from drynkyng of bees-
re, of cyder and red wyne, and Cyno-
mom. Also refrayne from all meates
that hōny is in, excheue eatyng of
colde herbes, vse not to eate beanes,
peason, nor porage, beware of the
vlage of fruytes. And of all thynges
the which doth ingender wynde. For

E.i.

the

The Dyetoꝛye.

the stone abstayne from drynkyng
of newe ale, beware of beere & of red
wyne and hot wynes, reſtrayne from
eatynge mattylnaſſe beefe & baken,
and ſalte fyſche & ſalte meates. And
beware of goynge colde aboute the
mydle ſpecially aboute the raynes of
the backe. And make no reſtryction
of wynde and water noꝛ ſeege, that
water wolde expell.

The.iiij. chapter treateth of a
dyete foꝛ them the whiche haue
any kynde of the gobotes.

They the whiche be infectyd
with the gobote, oꝛ any kyn
de of it, I do aduertyle the
not to ſyt longe bollynge &
byowynge dyslynge and cardynge, in foꝛ
gettyng them ſelfe to exonerat the
blader and the bely, whan nede ſhall
requeyre

of Helthe.

requyre, and also to beware that the legges hange not without some stay nor that the bootes or shooes be not ouer strayte, who so euer hath y^e gowte must refrayne from dzyntyng of new ale, and let hym abstayne from dzyntyng of beere and red wyne. Also he must not eate new bzyde, eggys freshe samon, elc s, freshe heryng, pylchers oylers, and all shell fysh. Also he must excheue the eatyng of freshe beefe, of goose or duckye and of pyggyons. Beware of takyng colde in the legges, or rydyng or goyng wete shod. Beware of veneryous actes after refection, or after or bypon a full stomacke. And refrayne from all thynges that doth ingendereuyll humours and be inflatye.

¶ The. xliij. chapter treateth of a dyete for them the whiche haue any of the kynde of Leprosy.

The Dyetoze



That is infectyd with any of the. iiii. kyndes of the Lepozed must re frayne from all maner of wynges, & from newe drynkes, and ströge ale, than let hym beware of ryote and surfetyng. And let hym abstayne fozeatynge of spyces, and dates and from trypes & poudinges, & all inwarde of beestes, fische and egges and milke is not good for Lypozous persöns. And they must abstayne from eatyng of fresche beefe, and from eatyng of goose ducke and from water fowle and pygyons. And in no wyse to eate venyson, nor hare flesche and suche lyke.

The .xv. chapter treateth of a dyete for them the whiche haue any of the kynde of the fallynge syckeneg.

Who



Ho so ever he be, the
whiche haue any of
the kyndes of the fal
lynge syckenes muste
abstayne from eatyn
ge of whyte meates
specially of mylke, he most refrayne
from drynkyng of wyne new ale and
stronge ale. Also they shuld not eate
the fatnes of fylshe, nor the hedes of
fylshe the whiche doth ingender rebo
me. Shell fylsheeles samon herynge
and byscus fylshe be not good for E
pilenticke men. Also they must refray
ne from eatynge of garlyke onyons
leekes and all vaperous meates, the
whiche doth hurte the heed, beneson,
hares fleshe beefe beanes and pea
son be not good for Epilenticke men
A yf that they be infectyd with these
great syckenes, they shuld not reso
rte where any great resorte of compa

E. iij.

ny

Wm. J. Johnson

The Dyatoꝛye

ny, whiche is in churche in cellyons & market places on market dayes, yf they do the syckenes wyll infecte the more there than in any other place, oꝛ at any other tyme. They must beware they do not syt to nygh the fyre foꝛ the fyre wyll ouercome them, and wyll induce the syckenes. They must beware of lyeng to hote in theyꝛ bed, oꝛ labour extremely, foꝛ suche thynge causeth the grefe to come the ofter.

The. xvi. chapter treateth of a dyete the whiche haue any payne in theyꝛ heed.



Any sickenes, oꝛ infyrmytes, & impedymētes may be in a mans heed. wherfoꝛe who so euer haue any impedymēt in the heed muste not kepe the heed to hote noꝛ to colde, but in a res-
pet a-

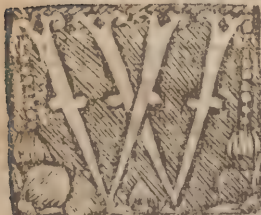
of Helthe.

per aunce. And to beware of ingender-
ryng of reume whiche is the cause
of many infyrmytes. There is noo
thyng that doth ingender reume so
moche as doth the 'farnes of fylthe &
the heedes of fylthe, and surfettes, &
takynge colde in the fete: and takynge
colde in the nape of the necke or heed
Also they the whiche haue any infyr-
myte in the heed must refrayne of im-
modert slepe specially after meate. Al-
so they must abstayne from drynkyn-
ge of wyne, and vse not to drynke ale
and beere the whiche is ouer stronge
booyferacion halowynge cryeng and
hyghe syngynge is not good for the
heed. All thynges the whiche is ba-
perous or doth fume is not good for
the heed. And all thynges the which
is of euyll sauour, as careyn, synckes
weddedraughtes pyss bolles snoffes
of candelles dunghylles stynkyng ca-
nelles

The Dyatorye

nelles. and synkyng standynge wa-
ters and synkyng marches with su-
che contagious ayers doth hurte the
heed and the brayne and the memo-
rye: All odyferous sauoures be good
for the heed and the brayne and for
the memoire.

¶ The .xvii. chapter treateth of
a dyete for them the whiche
be in a consumpcion.



Who soeuer he be þ
is in a cōsumpcion
must abstayne frō
all sobye and car-
te thynges, as by-
nerer and aleger and suche lyke and
also he must abstayne from eatynge
of grole meates the whiche be harde
of dygestion. And vse cordyalles and
restoratyues, and nutryptue meates
and

am m purv

of Helthe.

and drynkes, the whiche is swete, & that suger is in be nuttrytye. wherfore swete wyne be good for them the whiche be in consumpcions moderately taken. And some wine some ale, & some breere is good for no man. For it doth freate away nature. And let them beware that be in a cōsumption of fryde meate, of bzyled meate, and of bzent meat, the whiche is ouer rostyd, and in any wyse let them beware of angre & pencyfulness. These thyngs folowynge be good for them the whiche be in consumption a pyg, or a cocke stewed and made in a geir cockerels stewed, goges mylke, and ligger, almon mylke, in the whiche ryle is soden and rabbettes stewed. &c.

¶ The. xviij. chapter treateth of a dyete for them the whiche be a smatycke men beyng shorte wynded or lackynge breth.

f.i.

Shorte

of Helthe.

ner of meate the whiche doth ingender fleume. Also they must beware of colde. And whan any howse is a swe pyng to goo out of the howse for a space into a cleane ayer. The duste also that ryseth in the strete thozowe the behemens of the wynde or other wyse is not good for them. And smoke is euill for them, & so is all thyng that is stoppyng. wherfore necessary it is for them to belacatyue.

The .xix. chapter treateth of
a dyete for them the whiche
haue the Balley.



They the which haue the
Balley, bnyuersall, or
pertyculer must beware
of anger, hastynes, and
restynes. And muste be-
ware of feare, for thozowe anger or
f. is. feare

The Dyete

feare dyuers tymes the Palsey doo
come to a man. Also they must be wa
re of dronkynnes, and eatynge of nut
tes, whiche thynges be euill for the
palsey of the tounge, coldnes and con
tagious and stynkyng and fylthy
ayres be euill for the palsey. And let
euery man beware on lyenge vpon y
bare grounde, or vpon the bare sto
nes, for it is euill for the palsey, the
sauioure of Castore, and the sauioure
of a fox is good agaynst the palsey.

The .xx. chapter doth shewe an
order and a dyete for them the
whiche be mad and out of
theyr wytte.



Here is no mā the whi
che haue any of the kyn
des of madnes, But
they oughte to be kepte
in sauegarde, for dyuers inconueny
ence

of Helthe.

ence that maye fall, as it apperyd of
late dayes of a lunatyke man named
Antony a Physicion, & whiche went
many tymes at his lyberte, and at
last he dyd kyll his wyfe and his wy
ues suster, and his owne selfe. Ther
fore I do aduertise every man & whi
che is mad, or lunatyke or frantike
demonyncke to be kept in sauegarde
in some close house or chamber to he
re there is lytell lyghte. And that he
haue a keper, the whiche the madde
man do feare. And se that the mad
man haue no knyfe nor cheres, nor o
ther edge toole, nor & he haue no gyr
dell except it be a wyke lyst of cloth,
for hurting, or kyllyng hym selfe. Also
the chambze or the howse & the mad
man is in, let there be no paynted clo
thes, nor paynted walles, nor pyctur
es of mā or womā, or fowle or beest,
for suche thynges maketh them full
of

J. iij.

of

The Dyatorye

of fantasmes, let the madde persons heed be shaven ones a monthe, lette them drynke no wyne, no? stronge ale no? stronge beere, but moderat drynke, and let them haue thre tymes in a daye warme suppynges, and a lytle warme meate. And vse fewe wordes to them, except it be for rephersyon or gentill refozmacion, yf they haue any wyttie or perseueraunce to vnderstandynge.

¶ The .xxi. chapter treateth of a dyete for them the whiche haue any of the kyndes of the Idropyses.

Saynt Beede saith the more a mā doth drynke that hath y Idropysle, the more he is a thurle, for although the sykkenes doth come by superba-

perha bundaunce of watter, yet the ly
uer is dnye, whether it be alchytes I-
posicca, lencoslegmancia, or the tym-
pany. They that hath any of the.iii.
kyndes of the Idropises, must refray
ne all thynges the whiche be constu-
pat and collyue. And vse all thynges
the whiche be laxatyue nuttes & dnye
almondes and harde chese is poyson
to them. A ptylant and posset ale ma-
de with colde herbes dothe comforte
them. Who so euer he be the whiche
wyl haue a remedy for any of these
foure kyndes of the Idropysley, and
wyl knowe a declaracion of these in-
fyrmytes, and other sykkenesses, do
as this dyetoryl teache you.

**[The .xxij. chapter treateth of a
Generall dyete, for all maner
of men and women beyuge
spyke or hole.**

There

[Faint handwritten notes at the bottom of the page, possibly "The end of the world"]

of Helthe.

he can not lette hym resoꝛte to mery
company to bꝛeke of his perplexaty-
ues. Furthermoꝛe I do aduertise e-
uery man to washe theyꝛ hañdes ofte
euery day. And dyuers tymes to keñ
be theyꝛ heed, & euery day to plunge þ
eyes in colde water in the moꝛnyng.
Moꝛeouer I do counseyll euery man
to kepe the bꝛest & the stomacke war-
me. And to kepe the feete from wete,
and other whyle to washe them, and
that they be not kepte to hote noꝛ to
colde, but indyfferently. Also to kepe
the heed and the necke in a moderat
temperaunce, not to hote noꝛ to cold
And in any wyse to beware not to
medle to moche with veneryous act;
For þe wyll cause a mā to lōke aegedy
& also causeth a mā to haue abꝛefe oꝛ
a shōꝛte lyfe. All other matters pray-
nyng to any particuler dyete, you shal
haue it afoꝛe in this booke reherlyd.

G.i.

¶ The

21472

The Dyetoie.

The .xxiii. chapter doth shewe an
order, or a fashyon howe a sycke
man shulde be orderyd. And
howe a sycke man shulde
be blyd that is lycke-
ly to dye.



Who soeuer that is soe
re sycke, it is vncreten
to man, whether he
shall lyue or dye. **W**herfore it is neces-
sary for hym, that is
sycke to haue two or thre good kee-
pers, the whiche at all tymes muste
be dyligent, and not slepyfhe, sloud-
gylthe nor sluttyshe. And not to we-
pe and waple aboute a sicke man nor
to vse many wordes. Nor that there
be no great resorte to cōmon and tal-
ke, for it is a busynes for a whole mā
to answere many men, and specially
women

of Helthe.

to me that shall come to hym. They
the whiche cometh to any sycke per-
sone ought to haue fewe wordes, or
none, except certen persones, the whiche
be of counsell of the tsellement ma-
kyng, the whiche wyse men be not to
take of suche matters in theyr sycke-
nes, for wysdome wolde that every
man shulde prepare for suche thyngs
in helth. And yf any man for charyte
wyl bylet any sycke person, let hym
aduct:ple the sycke, to make euery
thyng euen betwixt God & the worl-
de, and his conscience. And to recey-
ue the ryghtes of holy church, lyke
a catholycke man. And to folowe the
counsell of both Physicions, whiche
is to say the Physicion of the soule,
and the Physicion of the body, that
is to say the spirituall counsell of his
curate, and the bodely counsell of his
Physicion consernyng the receytes

The Dyetoire

of his medlynge, to recouer helth. For
saynt Augustyne sayth, he that doth
not observe the Cōmaundement of
his Physycien dothe kyll hym selfe.
Furthermore aboute a sycke persone
shulde be redolent sauoures, and the
chambre shuld be replenyshed with
herbes and flowers of odyferous fla-
uour. And certen tymes it is good to
be bled a lytell of some perfume to
stande in the mydle of the chambre.
And in any wyse let not many men,
and specially women be together at
one tyme in the chambre, not onely
for batlynge, but specially for theyr
bryethes. And the keepers shulde se at
all tymes that y^e sycke persons dryn-
ke be pure, fresshe and stale, and that
it be a lytell warmed, turned out of
the colde. Yf the sycke man waxe sye-
ker and sicker, that there is lykel ho-
pe of a mendement, but sygnes of
death

of Helthe.

death, than noo man ought to moue to hym any worldly matters or busynes, but to speke of ghostly and godly matters. And to redethe Passyon of Chryste, and to say the Psalmes of the passion, and byd the sycke man remembre how chryste suffered death & passyon for hym. And let not the keepers forget to gyue the sycke man, & is in such agony warme drynke with a sponne, and a sponnefull of a caudell, or a Coleffe. And than let euery man do indeuer hym selfe to prayer, that the sycke persone maye synpse his lyfe catholeckly in the fayth of Iesu Chryste. And so to departe out of this myserable worlde. I do beseeche the Father, and the Sonne, and the holy Ghoste, thozowe the mercyte of Iesu Chrystes passion, that I and all creatures lyuynge may do. Amen.

¶ Thus endeth this dyetary.

G. iij.

¶ Here

The Dyatoire

¶ Here foloweth, howe you shall
knowe to gyue the quantyte
of Medycynes.



Medycines before þ they
be compounded togyther
they be dyuers in the ma-
kyng, as some of more,
and some of lesse, as of Scamony, &
of other berymy morslynges, and by
clent, as Turbryt, Elcbre, Agert. Cu-
forbie, Celoe, Floe, and of all other ly-
ke it selfe, so that the takinge of Fra-
piga shall be. iii. āmes.

The whyghte of a Lzamme is two
pens halfe peny.

¶ Scraphini, but two drāmes, for þ
is more compounded with venymous
medycines & byolentes, than Frapi-
gra, therfore the lesse shall be taken
therof.

¶ Also of Benedicta may be. iii. drā-
mes.

¶ Also

of Helthe.

Calso of Blanca.iii.drammes.

Calso of Bilularū, Archiarū, Hulde
be taken.iii.drammes.

Calso of Bilule dure.iii.drammes.

Calso of Bilularū de Euforie. iii.
drammes.

Calso of Bilularum Fetidum, and
of Stomatecum laxatiuam .ii.dra-
mmees.

Calso of Electuariū dulce.ii.dram̃s.

Calso of Theodozicon amācardiū.
iii.drammes.

Nowe I haue shewed you of the
guyng of quantyte of medycynes, &
the dyuersyte of thē howe they auoyd
superfluyte of flume or coloure.

He begynneth the quantyte
to auoyde Melancoly.

As it is sayde of Ieraphyny, so
we shall saye of Diacene, and
the guyng of the quantyte shall be

The Dyator, ye
an ounce. Hoc auicena. Also of Trife
ra saracnica, the recepte of it is. iiii.
drammes.

Also of Theodoricon eupisticon. is.
drammes.

Also the recepte of Ieralododon,
two drammes.

Also of Caterica Imperiale one
dramme.

Finis.

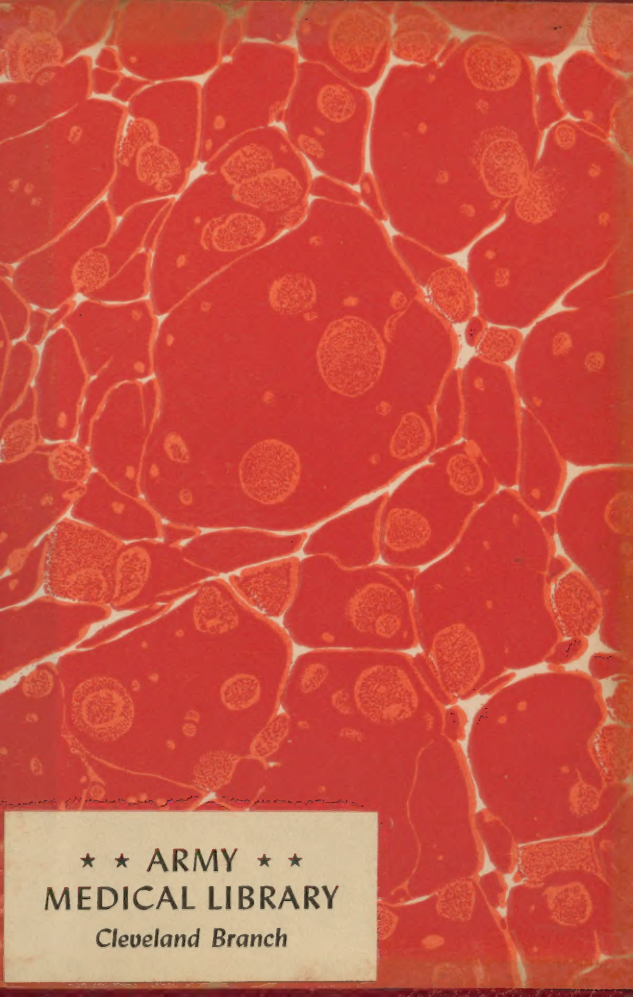
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Cum priuilegio, ad
imprimendum
Solum

The background of the entire cover is a microscopic image of tissue, likely stained with hematoxylin and eosin (H&E). It shows numerous large, irregular cells with prominent, dark, circular nuclei and lighter, granular cytoplasm and extracellular matrix. The overall color palette is a range of reds and oranges, from deep maroon to bright orange.

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